

## Journal Template

### Describe the situation:

*Explain the situation or event that has brought you to your journal today...*

### What were your thoughts?

*That inner voice can often drive our behaviour and sabotage what we want to happen. So, try to capture what your thoughts were?*

- *They are planning behind my back!*
- *Nobody is listening to me!*
- *I'm not good at this!*

### What was your physical reaction?

*What action did you take in the moment?*

- *Did you jump for joy?*
- *Did you scream and shout?*
- *Did you become stubborn and withdrawn?*
- *Did you feel physically sick?*
- *What else did you do?*

### What was your emotional reaction?

*This can sometimes be much harder than capturing physical reactions, but never the less, try to describe how you felt.*

- *Sad or angry?*
- *Hurt?*
- *Excited or elated?*

### Reframe the situation:

*What action could you have taken and how could this situation have played out differently.*

### What will be different next time?

*Stressful situations can often have a habit of repeating themselves.*

*If this situation were to happen again, what would you do differently to get a more positive outcome?*

*What action can you take or who can you speak to to support you in making this change?*

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What was your physical reaction?	What was your emotional reaction?
Reframe the situation:	
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